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# Designing a care pathway for high risk parkinson's patients

Chloe, TLY

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## **Abstract's For JNNP**

### **Poster session WED, 130**

#### Designing a Care Pathway for High Risk Parkinson's Patients

Tam Lok Yee Chloe<sup>1</sup>, Thea Dominey<sup>1</sup>, Emma Pearson<sup>2</sup>, Fiona Murphy<sup>2</sup> and Camille Carroll, MD, PhD<sup>1</sup>

<sup>1</sup>University of Plymouth Faculty of Medicine and Dentistry, Plymouth, Devon, United Kingdom. PL6 8BX; <sup>2</sup> Plymouth Hospitals NHS Trust, Plymouth, Devon, United Kingdom. PL6 8BX

**Objective:** To inform pathway design for patients at high risk of an adverse outcome at 5 years post-Parkinson's disease (PD) diagnosis.

**Background:** In our service, all newly diagnosed patients follow a 12-month new patient pathway, which includes assessment with PDQ-39, NMS Quest and MOCA. Use of a prognostic calculator<sup>1</sup> allows for refinement of the pathway according to patient need. Patients are classified as low (0-0.3), medium (0.31-0.79) or high (0.8-1) risk of an adverse outcome at 5 years (postural instability, dementia, death).

**Aim:** We aim to evaluate whether assessments in the newly diagnosed pathway identify additional care needs in higher risk patients.

**Methods:** An evaluation was carried out of our new patient database. Individuals who had the prognostic indicator performed (n=52) were included in the evaluation.

**Results:** Patients in the high risk groups were found to be older and more cognitively impaired than lower risk patients ( $p < .05$ ). MOCA scores negatively correlated with NMS Quest ( $r = -.44$ ,  $p < .001$ ) and PDQ-39 ( $r = -.51$ ,  $p < .001$ ) suggesting as cognition becomes impaired, NMS burden increases, and quality of life is reduced.

**Conclusions:** Additional care needs were identified in high-risk patients. These findings highlight additional resources are required in this patient cohort to ensure needs are met.

**References:**

1. Velseboer, D. C. et al. Development and external validation of a prognostic model in newly diagnosed Parkinson disease.

camille.carroll@plymouth.ac.uk



